

focusU

BE
MORE!

Aug 2026 → Apr 2027 ✨

Elevate the experience.

A season of workshops, retreats, and experiences —
we are your **Guide** — grounding, understanding, inspiring, driving & engaging your
team.

Be More!

9
Gatherings
Ahead



ready? let's go →

Dear HR & L&D leader,

You've got a whole year
to plan. Six months of
events. **One team** to
keep energised.

And the last thing you need is **another vendor** to babysit — chasing invites, hunting for photos, herding logistics, worrying if it'll actually land.

So relax. We've been doing this for years. You bring the team. We bring the season. ✨

Invites
Designed & sent for you.

Photos 📷
Captured & delivered.

Surprises ✨
Little moments they'll remember.

Everything else
Yes. Really. Everything.

*we hear you.
and we've got you →*



with love, team focus ▶ u ✨

because your people are asking for more →

They want **more** than a job.

*and honestly?
they should ✨*

Cost of not caring

\$8.9T

Low engagement costs the global economy **9% of GDP** — every year.

Gallup · SOGW 2024

India · right here, right now

23%

of India's employees are engaged — a **4-year low**. \$351B slipping away.

Gallup India · 2026

But here's the good news →

+57%

higher retention in orgs with strong learning culture. Learning is the **#1 retention lever**.

LinkedIn Learning · 2024

The AI shift is real

59%

of the global workforce needs reskilling by 2030. **Every leader needs a plan.**

WEF Future of Jobs · 2025

The gap between where your team is and where they need to be — that's exactly the space our workshops are built for.

that's us ↓

one role, five verbs →

We are your Guide.

G

The umbrella

Guide = to lead someone through change with care.

a guide does five things well ↓



01

Verb 01

Ground

Anchor your people in what's real — their own values, strengths, and starting point.

"who am I, really?"



02

Verb 02

Understand

Listen before we lead — to the room, the moment, the shift happening in the world.

"what's really going on?"



03

Verb 03

Inspire

Open the window — show your team a bigger version of themselves and their work.

"what if we could...?"



04

Verb 04

Drive

Convert insight into action — the workshop ends where the change begins.

"what will we do Monday?"



05

Verb 05

Engage

Keep them in it — sustain the shift long after the room empties out.

"still with us, months later"

Your season, already alive.

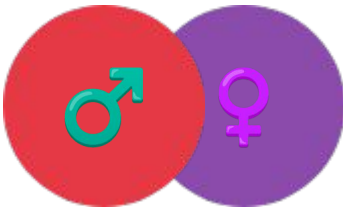
every event ✨

✉ Invites · 🏛️ Venue & travel · 🎤 Facilitation · 📷 Photos & film · 🎁 Surprise kits · 🔄 Follow-through · ✨ everything else

because your people are not just one thing →

• **Your guide, across every dimension.**

One team. One year. Every kind of learning moment your people need — held together by a single voice, a single follow-through, a single hand on the tiller.



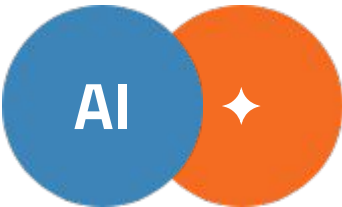
DIMENSION 01

Men & Women.

Not either/or. Two workshops built in the same season for two different rooms.

Nov · The Future Is Every Man

Mar · She Leads. She Rises.



DIMENSION 02

AI & Authentic.

Future-fluent and deeply human. Both muscles, in the same season.

Sep · Generative Intelligence (AI)

Aug · Your Authentic Best Self



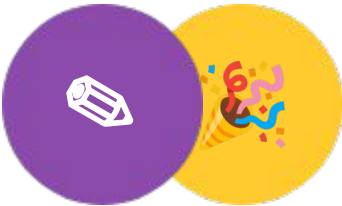
DIMENSION 03

Leaders & Teams.

The corner office and the shop floor. Both need to grow — and both grow together.

Jan · Authentic Leadership

Mar · L&D Café (peer-designed)



DIMENSION 04

Serious & Fun.

Deep thinking with belly laughs. HRDC-worthy rigor with experiential joy.

Apr · Health Awareness (reset)

Dec · Your EOY, Reimagined



Ground
01

AUG · 2026

our first B2C workshop · full-day

Your Authentic Best Self.

achieve your AIM. stay true to yourself. ✨

You're hitting your targets — and losing yourself doing it. Career, family, health, relationships — **the AIM is clear.** What's missing is the self that gets you there without breaking on the way.

76%

of workers report **burnout** at their current job.
GALLUP

85%

think they're self-aware — only **10-15%** actually are.
DR. TASHA EURICH · HBR

2×

as engaged when people live & work **authentically.**
GALLUP · SOGW

- A · 90m **Awareness** — know the self that decides.
- I · 90m **Interpersonal** — lead relationships that move you forward.
- M · 90m **Mindfulness** — act with focus. recover fast.

"to be yourself in a world constantly trying to make you something else — is the greatest accomplishment." — Emerson

9-10 SEP · 2026 · 2 DAYS

a retreat. a rewiring. a reckoning.

Generative Collective Intelligence.

You will not learn about it.

*You will **become** one. ✨*

Most AI task forces stall. Not because of too few tools — **too many tools without the shift in thinking to match.** Two days. Leadership teams learn to think with AI as a single system. You arrive with a real problem. You leave with Monday's plan.

→ THE ENGINE ROOM · 7 STEPS TO MONDAY-READY

01 Root problem

02 See angles

03 Brainstorm

04 Vote & pre-mortem

05 Plan back to Monday

06 Metrics & audit

07 Embed as habit ✨

born at MIT · never run in India before · your team goes first ✨



NOV • 2026

Movember × International Men's Day

The Future Is Everyone.

↑ *60 men lost every hour. this one still has time.*

For years, we celebrated Women's Day. **Now let's honour the men, too.** A space to be heard. A space to be seen. A space to be valued. Not another Movember mo — a full workplace campaign for HR leaders who believe men deserve more.

60
men **lost to suicide** every hour,
globally.
MOVEMBER 2026

1 in 8
men face a **mental health issue**
each year.

34%
fear their **job's at risk** if they discussed it.
MOVEMBER / IPSOS

Four ways to make it happen →

01 • Workshop • "The Future Is Everyone"

• 2.5 hrs

03 • Keynote • Two voices, one message

02 • Self-Care • ZEN drop-in • 3 hrs

04 • Sprint • 14 days, one conversation a day

Inspire

03



"it stayed with the team long after." — Wellbeing at Work participant

DEC · 2026

HRDC-eligible · we handle it all

Your EOY, with an **experiential** twist. 🎉

any special wish for your EOY party? ✨

If you want your End of Year party to be **remembered**, we'll go the extra mile to make it the best your team has ever had. We take care of your special time together **from start to finish** — tailored, curated, delivered.

→ Signature EOY packages

 **The Southbound Spirit**
Coast-to-coast celebration

 **The Catamaran Experience**
Sunset · Sea · Your team.

✨ **The Immersive Experience**
Story-led · fully custom

+ HR Business Connect
Strategic conversations for 2027

✓ HRDC-eligible · ✓ Refundable · ✓ End-to-end. *You just show up.*





Guide
05

JAN · 2027

a new year, a new lens · beyond the title

Authentic Leadership, Beyond.

building your authenticity beyond the role you're paid to play ✨

Start the year the way great leaders begin every day — **with intention**. A workshop for leaders ready to trade the performance for the person. Know the self that decides. Lead relationships that move you forward. Act with focus. Recover fast.

The 4Cs of aligned action →

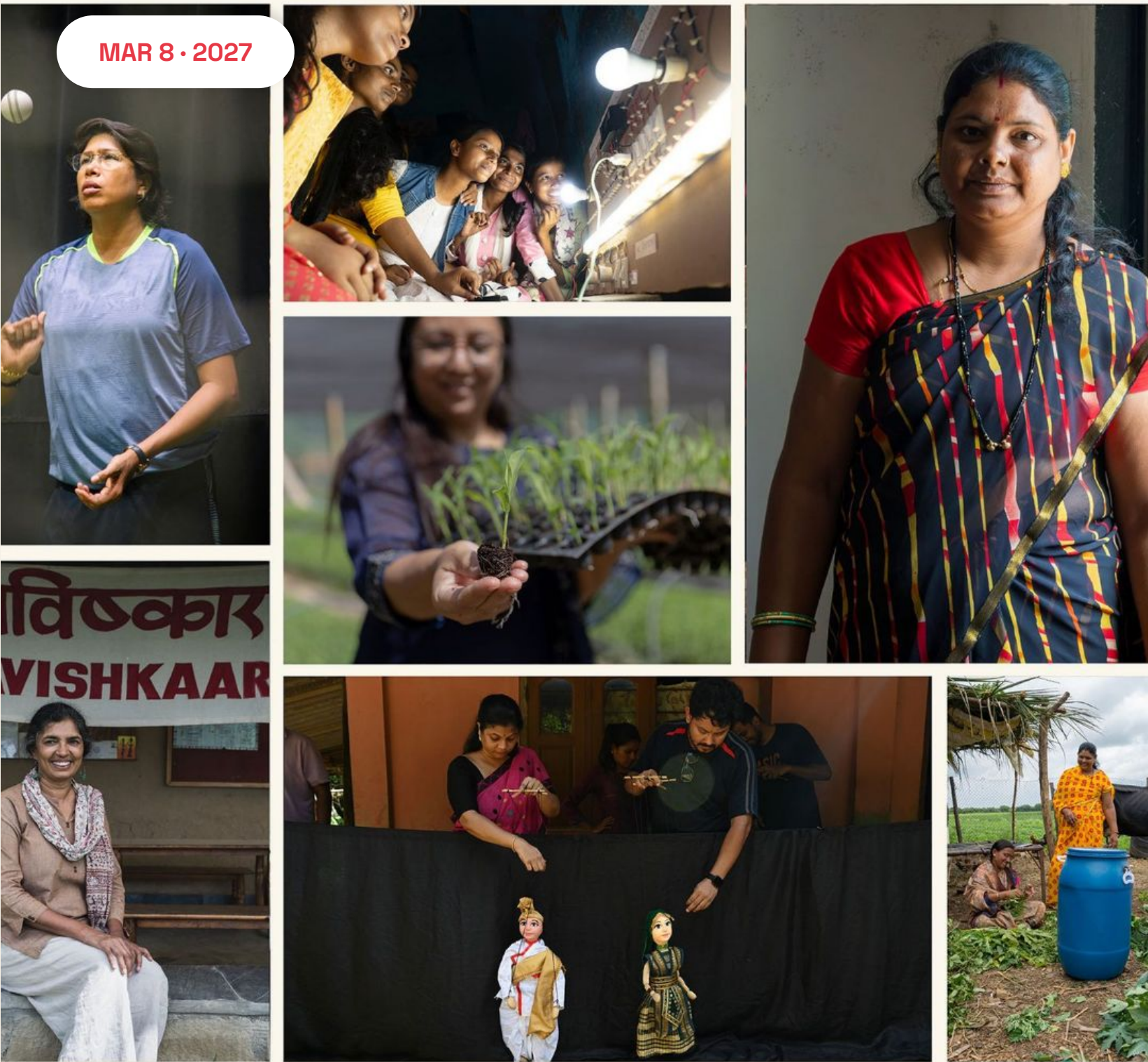
Clarity
under pressure

Confidence
without arrogance

Compassion
without shrinking

Consistency
day after day

29% Trust in managers crashed 46% → 29% in two years. **Leaders need this now.** DDI GLOBAL LEADERSHIP FORECAST 2025



INSPIRE

for every woman in the room ✨

International Women's Day →

She Leads. She Rises.

Not another panel discussion. Not another gift hamper. A workshop built **by women, for women** — where she reclaims her voice, her ambition, and her right to take up space at work.

01

Her Story, Owned

Reframing the "good girl" script. Naming ambition without apology.

02

Her Voice, Amplified

Speaking up in rooms where the mic keeps getting handed elsewhere.

03

Her Circle, Built

Sisterhood beyond the workshop day. A network that outlasts the room.

18.3%

of India Inc.'s senior leaders are women. We can do better.

+35%

profitability lift in gender-diverse leadership teams (McKinsey).

a day.

One workshop. All-woman circle. Format: keynote → circle → commitment.

"she doesn't need permission — she needs a room that says yes." 🌸

Format: 1-day workshop · in-person · 25–60 women · designed with women facilitators

MAR · 2027

annual · by practitioners, for practitioners

L&D Café.

Vol. 04



this year — you don't attend the L&D Café.

you design it.

Our beloved annual gathering returns for its fourth year — and this time, we're handing you the pen. L&D practitioners **co-create the agenda with our team**, so we're solving the problems you're actually solving in 2027.

→ How Vol. 04 works

STEP 01

You tell us

What you're wrestling with in 2027 — before the day.

STEP 02

We build the room

Agenda, provocations, peer pods — shaped to your input.

STEP 03

We ship it together

Playbooks, peer numbers, 3 things to try Monday.

Engage

06



"the best ideas travel over coffee." ☕ 4 years of practitioners showing up.

• GROUND *for the whole human* 🌿

Health Awareness Week →

Breathe. Move. Reset.

Five days. Whole-body reset. Because your team can't lead, learn, or laugh if their bodies are running on empty. **This week says: your health matters more than the deck.**

DAY 01 · MON Move Yoga · stretch · guided walk	DAY 02 · TUE Breathe Breathwork · nervous system reset	DAY 03 · WED Fuel Nutrition talk · mindful eating	DAY 04 · THU Rest Sleep · digital detox · Yoga Nidra	DAY 05 · FRI Play Team laughter · joy circle · celebrate
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62%
of Indian professionals report burnout — the highest globally (McKinsey Health).

\$1 → \$4
every dollar spent on wellness returns 4x in productivity (WHO).

5 days.
1 hour per day · in-office or hybrid · practitioners we vet personally.

"the calendar might say 'week' — the impact says 'year'." 🌱

Format: 5 daily sessions · 60 min each · yoga / breath / nutrition / rest / joy · fully curated



what every gathering is engineered for →

From gathering to going.

← this is
the whole
point 🌈

Every FocusU experience is built to end where the real work begins — **the moment your team walks out the door.**

these aren't endpoints. they're starting lines. ✨



+23%

higher profitability in business units with top-quartile engagement.
Gallup SOGW 2024 · 183,000 business units

already doing this on the island →

Trusted by Mauritius.

Financial services • hospitality • retail • professional services • ICT • healthcare — some of Mauritius's most-loved employer brands trust FocusU as their learning Guide.

ABSA Banking • Digital Transformation	MCB Banking • Authenticity Journey	SBI Mauritius Banking • Customer Centricity	Bank One Banking • Team Journey	Allianz • MUA Insurance • Onboarding & Claims
Accenture Consulting • Critical Thinking	Infosys ICT • Trust & Collaboration	Talan Consulting • Team Building	SD Worx • Dayforce HR Tech • Engagement	Cyberati • Techgenic ICT • Team Journey
One&Only Le St Géran Hospitality • Leadership Retreat	Mont Choisy Le Golf Hospitality • Team Bonding	Orange • Outremer Telecom • Learning Journey	Carrefour • Winners Retail • Frontline Enablement	DHL • Maersk Logistics • Bonding & CSR
ENL • Rogers Group • Women's Day & more	Harel Mallac • IBL Group • Health & Culture	Aspen Global Pharma • Emotional Intelligence	Vivo Energy • BAT Energy • Team Bonding	Medactiv • Grant Thornton Health • Wellness Journey
Middlesex University Education • Teamwork	Noveprim Life Sciences • Collaboration	Eversheds Legal • Presence & Proactivity	MIOD • YPO • JCI Leadership Bodies • Community	...& 40+ more Fracht • Prolub • BDO • MACCS • RHT

65+

Mauritius corporates trust FocusU for behaviour-change work

9.2 /10

avg. workshop experience score across Mauritius engagements

HRDC

MQA-registered & HRDC-approved • we handle the reimbursement paperwork

36

FocusU Mauritius team members on the ground • in Ebène

you'd be in very good company ✨ • turn the page for what they say →

the moment you say yes, this is what happens →

You have a **Guide**. Your team has a **season**.

One dedicated FocusU Guide walks with you through all six months. **Your calendar. Your team. Your peace of mind.** Here's what your Guide takes off your plate — completely.

01 • DESIGN

Bespoke agenda

Built around your team's goals — never a template.

02 • INVITES

Designed & sent

Beautiful invites your team will actually open.

03 • LOGISTICS

Venue • F&B • ops

Booked, briefed, delivered. You never chase a caterer.

04 • FACILITATION

Master facilitators

People who've run this hundreds of times.

05 • PHOTOS

Captured

Pro photos in your inbox before the week ends.

06 • SURPRISES

Little moments ✨

A note. A gift. A twist. The stuff they'll remember.

07 • IMPACT

Data for your CEO

Pre/post pulse, NPS, an evidence trail.

08 • ONE PARTNER

Six months. One rhythm.

Same Guide. Same WhatsApp. One team that knows yours.

your team feels the magic. you feel the calm. that's the whole deal ✨

← finally.

in their words →

Don't take our word for it. Take theirs.

Real HR & L&D leaders. Real teams. Real moments they didn't want to end. **Video testimonials available on request.**



↑ *what a FocusU day actually looks like ✨*

” *It’s one of the best sessions I’ve ever had — fun, interactive, and **it stayed with the team long after.***

— Participant · Wellbeing at Work
The Future Is Every Man workshop

” *Warm welcome. Dynamic, professional, caring team. **We had fun — and learned so much from each other.***

— Client · Corporate Wellness Workshop
Men's Self-Care at Work

” *A conversation that shifted how our leaders see themselves — **not as job titles, but as human beings first.***

— L&D Head · Corporate Best Self Journey
Keynote & leadership session

” *Engagement went from “another HR thing” to “when’s the next one?”*

— HR Lead · Sprint Campaign
14-day gamified engagement programme

bookmark this page · share it with your leadership team ✨

The season, at a glance.

pin this to
your wall ✨

Nine gatherings. Nine months. One Guide — grounding, understanding, inspiring, driving & engaging your team, every event of the way.



Every event · the through-line

Drive — every gathering built to move your team from insight to Monday-morning action.

what your Guide does, every event →

- Ground
- Understand
- Inspire
- Drive
- Engage

save the dates.
we've saved you seats ✨

so, then —

Let's build the season.

Nine months. Nine gatherings. One Guide who handles the rest.
Come to us with your calendar. We'll come back with a plan.

→ Book a 30-min scoping call

uma@focusu.com

We'll come back within 24 hours. Full season ready in 3 weeks.

